

Data Brief 340. Attempts to Lose Weight Among Adolescents Aged 16–19 in the United States, 2013–2016

Data table for Figure 1. Percentage of adolescents aged 16–19 who tried to lose weight in the past year, by sex: United States, 2013–2016

Sex	Percent	Standard error
All	37.6	1.9
Boys	30.1	2.3
Girls	45.2	3.2

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 2. Percentage of adolescents aged 16–19 who tried to lose weight in the past year, by sex and race and Hispanic origin: United States, 2013–2016

Sex and race	Percent	Standard error
All		
Non-Hispanic white	33.1	3.2
Non-Hispanic black	31.8	2.9
Non-Hispanic Asian	28.4	2.9
Hispanic	50.8	2.5
Boys		
Non-Hispanic white	25.7	3.6
Non-Hispanic black	20.6	3.1
Non-Hispanic Asian	18.7	3.2
Hispanic	46.6	3.8
Girls		
Non-Hispanic white	40.7	5.3
Non-Hispanic black	42.6	4.5
Non-Hispanic Asian	41.3	5.7
Hispanic	54.8	3.2

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 3. Percentage of adolescents aged 16–19 who tried to lose weight in the past year, by sex and weight status: United States, 2013–2016

Sex and weight status	Percent	Standard error
All		
Normal weight	18.5	2.5
Overweight	58.9	3.6
Obese	77.7	3.3
Boys		
Normal weight	10.2	1.8
Overweight	47.4	5.1
Obese	80.5	4.2
Girls		
Normal weight	27.8	4.4
Overweight	67.4	5.8
Obese	74.9	6.0

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.

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Data table for Figure 4. Ways of trying to lose weight used by adolescents aged 16–19 who tried to lose weight in the past year: United States, 2013–2016

Weight loss method	Percent	Standard error
Exercised	83.5	2.1
Drank a lot of water	52.3	2.3
Ate less	48.6	3.4
Ate less junk food or fast food	44.7	2.7
Ate more fruits, vegetables, salads	44.6	3.1
Ate less sugar, candy, sweets	36.4	2.2
Changed eating habits	35.7	2.6
Switched to foods with lower calories	22.6	2.6
Ate less fat	18.0	1.8
Skipped meals	16.5	2.2
Ate fewer carbohydrates	12.0	1.7

NOTES: Respondents could select multiple ways of trying to lose weight from a hand card listing 20 specific weight-loss methods; 82.1% of adolescents who tried to lose weight reported using two or more ways. Ways reported by less than 10% of adolescents who tried to lose weight are not shown separately.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2013–2016.